

Vol. 29 October 26, 2017 No. 43 www.dcmilitary.com/journal/ FFSC Hosts Domestic Violence Awareness Softball Game J.S. Navy photo by MC2 William Phillips



Navy Lodge Showcases Employees' Cultures

- Page 3



MWR Hosts Fall Fest



Comfort Welcomes Newest Arrival

- Page 10

# Deadline for Retirement System Training Fast Approaching



HOTO BY MCI KEVIN O'BRIEN

Reserve Force Master Chief C.J. Mitchell is piped ashore after his retirement ceremony at the U.S. Navy Memorial in Washington, D.C.

### From Chief of Naval Personnel Public Affairs

Sailors eligible to opt-in to the new Blended Retirement System (BRS) will receive a letter from the Navy to complete their mandatory training by Dec. 31, if they have not yet done so.

BRS training is mandatory and provides Sailors with information that compares the benefits of the current retirement system and of BRS. Once the decision to enroll in BRS is made, it is irrevocable.

Commands must ensure all of their Sailors have completed the required training and documented the training through Fleet Management and Planning System (FLTMPS). Training is available on Navy eLearning at www.nel.navy.mil and Joint Knowledge Online at https://jkodirect.jten.mil/ or may be conducted face-to-face using the OSD syllabus.

Navy is also sending letters to all active and Reserve Sailors eligible to opt-in notifying them that they may enroll in BRS starting Jan. 1, through their Defense Finance and Accounting Service myPay account.

Sailors are opt-in eligible if they are an active component member and will have fewer than 12 years of service as of Dec. 31, or are a Reserve component member, to include Full Time Support personnel, and will have fewer than 4,320 points as of Dec. 31.

There is no automatic enrollment into BRS for opt-in eligible sailors. Sailors will remain under the current retirement plan unless they choose to enroll in BRS.

New Sailors who first join the Navy on or after Jan. 1, will be automatically enrolled in BRS.

Sailors who have questions about eligibility for BRS should talk with their Command Career Counselor or Command Financial Specialist.

More information on BRS can be found on the Navy BRS webpage at go.usa.gov/xnYVh.

# Bethesda Notebook

Warrior Care Month Opening Ceremony

The Warrior Care Month Opening is Oct. 27 at 9 a.m. in Memorial Auditorium. This event will serve as the Warrior Care Month kick-off event in order for Soldiers to inform external and internal audiences about the programs and initiatives being provided through the Warrior Care and Transition Program and future improvements to the program. NPDS Seeking Root Canal Patients

The Endodontics Department at the Naval Postgraduate Dental School is accepting new patients in need of root canal treatment by our residents. Patients authorized to be treated in our facility are active duty military, military retirees, and eligible family members (priority will be given to active duty personnel). A written referral for root canal treatment from your dentist may be required before treatment is started. Permanent fillings or crowns required following the root canal will be the patient's responsibility. Please contact the NPDS Endodontics front desk at 301-295-0077 or 301-295-

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, predeployment briefings, return and reunion briefings, and more. For information, call 301-319-4087, or visit FFSC in Building 11, first floor.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members

of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,

national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user, or patron. Editorial con-

tent is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Pub-

lic Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

### **Naval Support Activity Bethesda**

Commanding Officer: Capt. Marvin L. Jones NSA Bethesda Public Affairs Officer: Jeremy Brooks Fleet And Family Support Center 301-319-4087 Public Affairs Office: 301-295-1803 NSAB Emergency Info 301-295-6246 NSAB Ombudsman Journal Staff CS3 Danielle Coley 301-400-2397 Managing Editor MC2 William Phillips NSAB Chaplain's Office 301-319-4443 WRNMMC Editor 301-319-4706 Bernard Little Installation SARC 301-400-2411 MC2 Kevin Cunningham Andrew Damstedt Troop Command SARC Kalila Fleming Rosemary Galvan 301-319-3844 Joseph Nieves SARC 24/7 301-442-2053 AJ Simmons SAPR VA 24/7 Helpline 301-442-8225



PHOTOS BY ANDREW DAMSTEDT

Navy Lodge Bethesda employees play traditional Peruvian flute music and sing traditional songs as a part of Diversity Day Oct. 18

# Navy Lodge Celebrates Employees' Cultures

By Andrew Damstedt The Journal

Navy Lodge Bethesda employees celebrated a variety of cultures at the Navy Lodge Bethesda's 6th annual Diversity Event Oct. 18.

The event allows employees to share their cultural background and related experiences with co-workers. Some countries represented by Navy Lodge Bethesda staff are Cameroon, Chile, Ecuador, El Salvador, Eritrea, Guatemala, Peru, Philippines, and the United States.

The lobby was filled with smells of ethnic food, the sounds of traditional Peruvian flute music and the sights of employees dancing as guests joined in on the fun.

"The staff is so excited because they're all from different places," said Nicole Nnoko, Navy Lodge Bethesda assistant general manager. "Being accepted for who you are is such a good feeling because you can bring something to the table and that's what diversity is all about."

Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones said he enjoyed coming to this event every year, not just to taste the food from the represented cultures but to thank the employees for their hard work and dedication.

"You all go out of your way to make (guests) feel welcome, make them feel special, to make their visit memorable," Jones said. "I thank you so much for doing that. As we celebrate your diversity, I really love to see how we take our differences and we make them work for us; how we take our differences and we make them strengths."

He said he was grateful for the diversity on the installation.

"I'm grateful that everyone on this installation doesn't look like me, doesn't think like me because that would make us one-dimensional," he said. "We are a multifaceted country that welcomes everyone."



Naval Support Activity Bethesda Commanding Officer Marvin L. Jones helps cut a cake with Navy Lodge Bethesda Interim Manager Pamela Kimball and Assistant Manager Nicole Nnoko for Navy Lodge Bethesda's Diversity Day.





# **MWR Hosts Fall Fest**

Photos by MC2 William Phillips NSAB Public Affairs

Morale, Welfare and Recreation (MWR) hosted a Fall Fest at the MWR Sports Complex Oct. 21. Many children and adults dressed as some of their favorite characters at the festival, which included food, games, face and gourd painting, a petting zoo and more.













### MILITARY RETIREES\* & ACTIVE-DUTY FAMILIES



Get TRICARE Prime® with one of the most trusted names in medicine.



US FAMILY HEALTH PLAN

Get 100% of your TRICARE Prime benefits and more with the Johns Hopkins US Family Health Plan.

Enjoy outstanding care and convenience with your choice of more than 16,500 primary care doctors and specialists all credentialed by Johns Hopkins.

Request an information packet or reserve a seat at an information briefing in your area:

I-888-705-0755 JohnsHopkinsMilitary.org







\*Military retirees under age 65 with TRICARE eligibility can enroll in the Plan.
TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Notice of Nondiscrimination: Johns Hopkins US Family Health Plan (USFHP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Foreign Language Assistance. Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-808-7347 (TTY: 1-800-201-7165).

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-800-808-7347 (TTY: 1-800-201-7165).



Photos by MC2 William Phillips NSAB Public Affairs

Naval Support Activity Bethesda's (NSAB) Fleet and Family Support Center held a Domestic Violence Awareness Month softball game at the Morale, Welfare and Recreation Sports Complex Oct. 18. The event was part of a series of events going on throughout Domestic Violence Awareness Month on







## HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

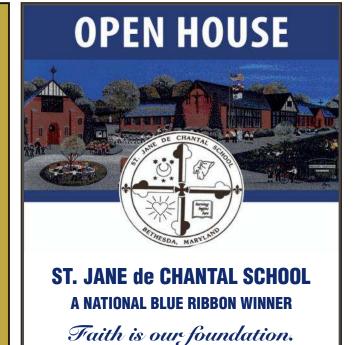
Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator's highest four-star rating, WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534 wwfs.org



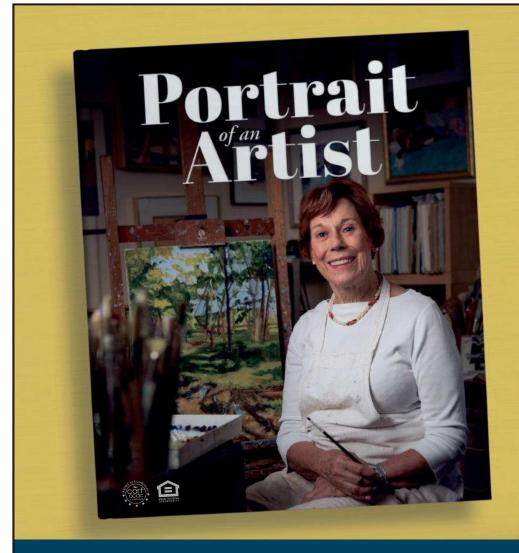




Open House is Friday, November 10 9:00 am-11:00 am

9525 Old Georgetown Road Bethesda, MD 20814 | Tel: 301/530-1221 St. Jane de Chantal Catholic School Pre-K thru Grade 8

visit www.dechantal.org



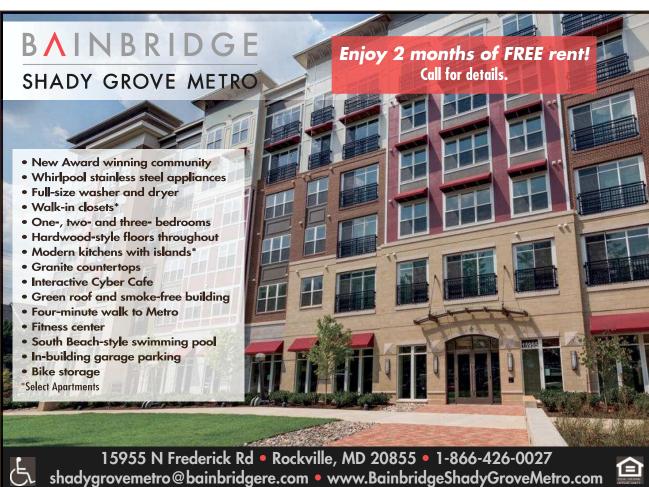
# EXTRAORDINARY STORIES BEYOND THE FRONT LINE

Norma Lasher found her love for art overseas during one of her more than 35 family moves while her husband, Wendall Lasher was serving in the United States Air Force. Those journeys inspire much of the beautiful artwork that fills her apartment and now graces our halls. Hers is but one chapter in our amazing collection of patriots and heroes.

We invite you to experience a connection that can only be found through the common bond of service to country. To learn more about the extraordinary residents and lifestyle at Falcons Landing visit our website, www.falconslanding.org.







For more coverage, Visit us online at dcmilitary.com/journal



PHOTO BY LT. CMDR. YOLANDA GILLEN

Religious Program Specialist Seaman Recruit Michael Sency, far left, and Religious Program Specialist Seaman Kenneth Lindsay complete Navy e-learning courses at the newly built Religious Program Specialist "A" School at Fort Jackson.

# Navy e-Learning Updates Web Address

From Naval Education and Training Command Public Affairs

Direct access to the online Navy e-Learning (NeL) management system website will be available at a new web address beginning Oct. 23.

The direct NeL link of https://learning.nel.navy.mil is available 24/7 and will take Sailors directly to the 'My Learning' and 'Course Catalog' tabs of the NeL learning management system after logging on.

Although direct access to NeL is available through the internet, a Common Access Card (CAC) is still required for NeL login. Courses on NeL have been standardized to run using the Internet Explorer browser.

Sailors depend on NeL to help advance their careers and stay current with training requirements. Courses range from general military training to specific training for individual units. The site also contains an individual's training history where completion certificates can be obtained. To find certificates for completed courses, click on the 'Open My Training History' link located above the 'Show Individual Courses' and 'Show Curricula' tabs.

Trainees using NeL complete over five million online courses a year, from a comprehensive catalog of 12,500 distance learning courses. The Naval Education and Training Command relies on NeL for use in schoolhouses for individual skills and skill refresher training.

To access NeL through a link on My Navy Portal (MNP), select the "Professional Resources" drop-down menu, then "Navy e-learning Online Courses."

Users will need to update their saved bookmark to the new NeL URL.

### **Walter Reed Society**

Assisting the Wounded, III, or Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

**Membership in the Society is open to all -** officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us in Helping Others

For membership application or donation information, please contact Debra Washington at <a href="mailto:walterreedsociety@verizon.net">walterreedsociety@verizon.net</a> or call (301) 571-1580.

Visit our web site: www.walterreedsociety.org

Combined Federal Campaign (CFC) number 38118

## "Live Life Your Way"



Vinson Hall
Retirement Community
Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation

Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today! (703) 536 - 4344



Vinson Hall Retirement Community 6251 Old Dominion Drive McLean, VA 22101 703-536-4344

www.vinsonhall.org

# TINGE LIFESTYLE BOUTIQUE FALL SALE!



SAVE O/O ON ALL HALLOWEEN DECOR OCTOBER 28-31



RETAIL LOCATIONS
OPEN 9AM-6PM DAILY

5258 RIVER ROAD BETHESDA, MD 20816 301.656.3311

7405 RIVER ROAD BETHESDA, MD 20817 301.469.7690

AMERICANPLANT.NET



FREE! OUTDOOR MOVIE NIGHT! "Lego Batman" SAT, OCT 28TH 7PM 5258 River Road

Join the party! Cider & popcorn! Wear your costume!

## **Comfort Welcomes Newest Arrival**

By MC1 Ernest Scott Navy Public Affairs Support Element East

The sound of two bells rang through the passageways of the Military Sealift Command hospital ship USNS Comfort (T-AH 20) as the announcement passed over the ship's one main circuit.

"Sara Victoria Llull Rodriguiz, born this day Oct. 14, arriving!"

With Comfort underway in the vicinity of San Juan, Puerto Rico, providing medical assistance throughout a region devastated by Hurricane Maria, the birth of Sara aboard the ship was a reminder of the work to be done but also hope for the future of the island.

"I never thought that our special moment would happen here on this ship," said Francisco Llull Vera, Sara's father. "Everyone has been so helpful and gentle while caring for our baby. I hope this opens the door for those who still need help to seek out the Comfort."

At 6 pounds 8 ounces, Sara may be small, but her presence is mighty. Her birth on Comfort gained the attention of Puerto Rico Gov. Ricardo Rossello who said this has been a bit of good news that has gone across the island. Capt. Kevin Robinson, Comfort's mission commander, said the special occasion is one felt throughout the ship.

"I think the birth of that little girl has reinvigorated the crew," said Robinson.

One of Comfort's primary missions is to provide full hospital services to support U.S. disaster relief

and humanitarian operations worldwide. Although fully equipped, capable and ready to support, Sara's delivery came to many as a welcome surprise.

"We stood up the labor and delivery ward prior to getting underway," said Lt. Karri Washbon, a labor and delivery nurse aboard Comfort who assisted with Sara's birth. "We expected to see a lot of patients, but we weren't sure how often we'd get to utilize this aspect. With every birth there is a unique story and we are glad to be a part of their experience. Now everyone just wants to see the baby!"

While more than 800 medical personnel and support staff aboard Comfort want to greet their newest "shipmate," Sara's 6-year-old brother Alonzo and 4-year-old sister Sofia, who are currently staying with family ashore in Puerto Rico, anxiously await her return.

"They are so excited to meet her," said Tania Rodriguiz Ramos, Sara's mother. "I got the chance to call my family and let them know that I am ok and that the baby is healthy and happy. It's a huge blessing for Sara to be here; I owe everything to the doctors and nurses and everyone on board."

The last birth aboard Comfort occurred Jan. 21, 2010, while the ship was providing humanitarian relief in support of Operation Unified Response following a 7.0 magnitude earthquake that caused severe damage in Haiti.

Recognizing the rarity of the situation, Comfort's current Ship's Master Roger Gwinn ceremoniously renamed one of the ship's two small boat tenders the Sara Victoria.

"We wanted to do something special, the crew has taken to the baby as one of our own," said Gwinn.



PHOTO BY MCI FRNEST R SCOTT

Puerto Rico Gov. Ricardo Rossello holds the first child born aboard the U.S. Navy hospital ship USNS Comfort (T-AH 20) in more than seven years.

"As she goes forward in life, we hope she carries Comfort with her."

As of Oct. 15, Comfort has delivered more than 10 tons of food and water, 21,000 liters of oxygen and treated more than 100 patients to relieve pressure on the Puerto Rican health system.

Comfort is currently underway operating in the vicinity of San Juan to provide medical services with additional visits being planned around the island. The U.S. Health and Human Services and Puerto Rico Department of Health representatives are prioritizing patients at each stop prior to Comfort's arrival. The Department of Defense is supporting the Federal Emergency Management Agency, the lead federal agency, in helping those affected by Hurricane Maria to minimize suffering and is one component of the overall whole-of-government response effort.

# NOW LIVE!

The SoMdNews

App brings you the latest local, sports and community news and information from the Southern MD

Newspapers, 24/7.



The free app is updated from our full website, somdnews.com, in real time, delivering you the latest headlines.

Download the app at somdnews.com/newsapp or Scan the QRC code.



11 am-1pm

# SOCIAL EN NSA BETHESDA /mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

### DOWNLOAD OUR MOBILE APPS



Navy Life







NavyMWR NDW NF

NFAAS







### Morale Welfare & Recreation (MWR)

Warrior Café Cookout

10/20	ii am-ipm	Outdoor Patio, Bldg. 62
11/3	11 am-2 pm	Luncheon: Russia Warrior Café, Bldg. 62
11/7	11 am-12:30 pm	Navy Online Library Info Session FREE Bldg. 17 Atrium, no registration required. POC: Community Rec PH 301-319-7801.
11/8	3-6 pm	Pre-Holiday Social Appetizer buffet, games and live music by Brad Doggett! FREE, no registration required. Drinks available for purchase. You must be 21, please drink responsibly. Below Deck Pub, Bldg. 64
11/12	8 am-3 pm	Sugarloaf Mountain Day Hike and Brewery Tour-\$10 for transportation Open to all with base access. Register online. Must be 21 years or older.
11/15	5-8 pm	Wine and Weave –Pie Basket- \$27 Register with a friend to save \$2 per basket Perfect for serving your favorite pie! All levels welcome and all supplies are provided. Register online early, limited spaces.
11/17	11 am-2 pm	International Luncheon: Jordan Warrior Café, Bldg. 62

Registration for these events is available online at www.navymwrbethesda.eventbrite.com.

### Liberty Center Bldg.11

PH 301-319-8431 Virtual Gaming, Snacks, Movies, Computers, Pool Table

\*Liberty patrons include Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9

0/26 8 pm

Football Night in the Liberty Center

10/30 8 pm

Football Night in the Liberty Center

11/2 8 pm

Football Night in the Liberty Center

11/5 10 am- 4 pm Newseum Trip \$13\*

11/6 8 pm

Football Night in the Liberty Center

11/7 6 pm Intro to Bowling \$10\*

11/9 8 pm

Football Night in the Liberty Center

11/11 10 am-4 pm Veterans Day at Vietnam Memorial

10\*

11/13 8 pm Football Night in the Liberty Center

REGISTER:

Navymwrbethesda.eventbrite.com

(\*Liberty Only)



# Classifieds

Call 301-645-0900

### Apartments Unfurnished

### **Equal Housing**

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



### Houses for Rent

Brandywine, MD 4BR 3BA, upgraded, all appliances, 1-car garage. \$2300/mo. 301-343-5171

### Auctions

### ON-LINE OWNERS' AUCTION OCT 31 - NOV 7, 2017

KAISER/LEE/SEBASTIAN FIGURINES, RIDGEWAY TALL CASE CLOCK, MID-CENTURY MODERN FURNITURE, STERLING FLATWARE, JEWELRY, POWER TOOLS

On-Site Preview: NOV 2, 1 - 6 p.m.@ 214 Beachside Dr. Stevensville, MD 21666

For full listing & photos visit www.campbellllc.com

410-810-8915

## **BUY SELL RENT HIRE**

TRADE SHOP SWAP FIND

TO PLACE YOUR AD CALL

1-301-645-0900

# Local Restaurants

# Proudly Serving Our NSA Bethesda Military Community







Buy X-Large Pizza with 3 Toppings, Get a Large Pizza with 1 Topping Coupon Code: Free1TP • Expires 12/31/2017

\$10 Minimum for pizza delivery to main gate

Sorry, No Checks Accepted • MasterCard/Visa/American Express Accepted Please mention credit card and coupons before ordering.













